

Hong Kong: World Longest Life Expectancy, Highest Per Capita Meat Consumption

Let's see which country has the longest life expectancy:

The Chinese people in Hong Kong have highest per capita meat consumption in the world, they have world's longest life expectancy (see United Nations 2015 data), their health index is among the best in the world! Japan and South Korea have very high per capita fish and seafood consumption. Japanese consume the most eggs per capita in the world!

Life expectancy at birth (years), UN World Population Prospects 2015

1) Hong Kong 83.74 years (world longest)
2) Japan 83.31 years
3) Italy 82.84 years
7) Spain 82.28 years
14) South Korea 81.43
42) USA 78.88
World Average 71.4

Let's see what the countries with world's longest life spans eat:

The UN data shown below came from National Geographic website, article: what the world eats

Average daily total meat products (livestock+seafood) consumption, percentage of total food intake by weight per person:

Hong Kong 32% (world highest)
Japan 18%
USA 14%
South Korea 16%
World 9%

Average daily total meat products (livestock+seafood) consumption, grams per person:

Hong Kong 695 (world highest)
USA 381
South Korea 339
Japan 288
World 173

Average daily seafood consumption, percentage of total food intake by weight per person:

Hong Kong 9%
Japan 9%
South Korea 7%
World 3%
USA 2%

Average daily seafood consumption, grams per person per day:

Hong Kong 195
South Korea 159
Japan 147
USA 59
World 52

Average daily egg consumption, by weight in grams, per person:

Japan 52 (world highest)
Hong Kong 38
USA 38
South Korea 30
World 24

Hong Kong has world's longest life span and it has a high per capita pork consumption.

Pork Consumption, calories per person per day (National Geographic, UNFAO 2011)

Hong Kong 394
World 120

National Geographic says:

As it has since 1980, a spurring point for the economy, Hong Kong consumes more meat per person—both calorically and in weight—than any other nation. At 695 grams per day, people in Hong Kong eat 60% more meat than the meat-eaters in New Zealand.

Hong Kong's diet has changed drastically in the last 50 years, with the average person eating more grams of meat per day than any other food group.

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Japan consumes more seafood per person than all other types of meat combined.

HK people eat almost 40% more meat than Americans, often they eat meats such as Chinese BBQ pork, pork belly, pig feet, all these are high in fat. One thing HK people eat quite a lot are seafood and sea fish which are known to provide protection against diabetes, cardiovascular diseases, cancer and more.

Up until 1970's HK people had shorter life expectancy and poorer health index than Americans, back then HK people ate lesser amount of red meat than Americans. Year by year dietary statistics show as HK people ate more red meat and seafood the longer increase in their life expectancy and better health index, as Americans eat lesser red meat the slower increase in life expectancy and their health index gets worst.

In Okinawa, as Okinawan increased eating more pork in the period from 1950's to 1990's the longer increase in life expectancy, but as Okinawan slowed down increase of pork consumption their life expectancy also slowed down in increase.

Nagano, another prefecture in Japan, had less pork consumption than Okinawa before 1990's, but as Nagano increased pork consumption, its life expectancy also increased to the point that it's now Japan's national longest. Nagano replaced Okinawa in longest life expectancy. Nagano's health index is among the best nationally.

Most junk foods are made from all plant sources such as: sugar (from plant), palm oil (from plant), vegetable oil (from plant) wheat flour (from plant).

Sugar, vegetable oil and refined flour are all plant based, these are the most common main ingredients in junk foods. Palm oil is often listed as vegetable oil because it's from plants. Processed palm oil is very bad for health and so are sugar and refined flour. Most junk foods have too high sugar and oil contents, these two things are responsible for many health problems, these two things are NOT from animals, they are 100% from plants.